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SIRINTHIP GONSANTIA : FACTORS AFFECTING HEALTH - PROMOTING BEHAVIOR AMONG CLIMACTERIC WOMEN IN NAKRONRAJISIMA PROVINCE. THESIS

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The research objective was to study health-promoting behavior in climacteric women in Nakronrajsima province and also study factors affecting the health-promoting behavior. The sample of 450 climacteric women were selected from women age range from 45-54 years by multi-stage sampling. Data collection was done by Interviews with questionnaire concerning private factors, predisposing factors, enabling factors, reinforcing factors and health-promoting behavior. Statistics used for data analysis were percentage distribution, arithmetic mean, standard deviation, T-test, One Way Analysis of Variance, Chi-square, Pearson Product Moment Correlation Coefficient, and Stepwise multiple regression analysis.

The result of this study showed that most of the climacteric women had overall score of health-promoting behavior in moderate and high level (56.6 % and 42.7% respectively) . Climacteric women with different education level, occupation, and family incomes showed different health-promoting behavior with statistical significance (p -value < 0.05) while climacteric women with different marital status, menopausal symptoms, menopausal period, illness condition, and resident area showed a difference which was not statistically significant (p -value > 0.05). The results showed that the predisposing factors which consist of health belief, self-efficacy, the enabling factors which consist of membership, health insurance, and the reinforcing factor social support were significantly related to health-promoting behavior ($p < 0.05$) and the results indicated that self-efficacy, social support, health belief, occupation, and menopausal symptoms could explain approximately 53.9 percent of health-promoting behavior variance with statistical significance (p -value < 0.05).

The result of this research suggested that the health promoting services should be provided for climacteric women, for example climacteric women club, climacteric women clinic in public health center and should support their spouses to increase the health promoting behavior to enhance climacteric women's get health and quality of life.